



Chemical spill at college
Students get on-the-job training at two accident scenarios on campus.

Feature 2, 6 and 7

Monday, February 16, 2004

Chemical spill sends two to hospital

On Feb. 5 two accident scenarios took place on campus. The following story is written as if the accidents were real.

By KATE VANDEVEN

A chemical spill at the recreation centre Feb. 5 sent two females to Grand River Hospital.

The two victims were hurt after Victor Sanchez, a man who was hired by the college to plow snow, backed into the loading dock at the recreation centre.

The truck hit one victim, and doused her with chemicals which were in the back of the truck at the time of the accident.

One victim suffered a spinal injury, lacerations to the head and chemical burns and was taken by ambulance to hospital.

The other victim suffered chemical burns to her hands.

The victims' names have not been released.

The accident occurred after Sanchez suffered a low insulin attack and passed out at the wheel.

The chemical spilled was potassium per magnetite, and Nick Dorken, captain of the fire squad, said this chemical is very dangerous to one's inhalation system.

Why the chemicals were in the back of the truck is still unknown.

Witness Veronica Gold was walk-

ing to class when she heard a woman cry for help. Gold called campus security and said at the time of the call Sanchez was still unconscious.

Paramedics were first on the scene, and once firefighters arrived, they worked on one of the victims, who had burns on her hands.

They had her lie down on a tarp so they could regulate her breathing and check the extent of her burns.

But as paramedics were taking care of the two female victims, Sanchez, who had regained consciousness, suffered another low insulin attack and passed out once again. When he came to, police and campus security attended to him and took him into the recreation centre to be checked.

Const. Ashley Carne said his family doctor was contacted.

Campus security kept pedestrians away from the scene because there was a concern they could come in contact with the chemical spill.

Once the victims were safe, the Environmental Ministry came on the scene to check out the damage.

Their report has not been released.

However, only the two female victims were affected by the chemicals.

Information officer Craig Rutherford said charges against Sanchez are still pending.

See Pages 2, 6 and 7 for more photos and a story.



(Photo by Carla Sandham)

An emergency worker tends to victim Tiffany Timleck, a law and security administration student, during LASA's annual accident scenario Feb. 5.

Spoke

Conestoga College, Kitchener

36th Year — No. 1

Will teachers go on strike?

Teachers will hold a strike vote on Feb. 17 to try and force a deal.

News 3

Students jump for charity

Polar Plunge raises more than \$2,000 for the Heart and Stroke Foundation.

Feature 9, 10 and 11



(Photo by Ryan Connell)

Mike and Tom Gawel belly flop into the cold water at the Polar Plunge on Feb. 5.

Polar Plunge is a splash

By RYAN CONNELL

Frigid, below-zero weather and freezing water didn't stop students and a staff member from jumping into Conestoga College's pond for charity.

The 23rd annual Polar Plunge attracted hundreds of students and staff who watched more than 25 students jump into a 12- by 13-foot-wide hole in the pond on Feb. 5.

Polar Plunge participants raised \$2,582 for the Heart and Stroke Foundation, the annual charity recipient.

The crowd watching the event donated approximately \$77 extra to the foundation, and the evening's Bear Naked Tease Freeze event in the Sanctuary raised another \$175.

Altogether, Conestoga College raised \$2,833 for the Heart and Stroke Foundation, surpassing last year's record of \$2,500.

Conestoga Students Inc. (CSI) president Justin Falconer was happy to hear how much money Conestoga College raised.

"I thought it was great that we beat last year's fundraising total and to see the diversity of students who participated this year," Falconer said.

Three students from the University of Guelph came to Conestoga College to participate in the Polar Plunge. The university raised approximately \$650.

CSI vice-president of student activities Ethan Miller was one of the students who took part in jumping into the pond. He wore a green wrestler suit and goggles.

"The Polar Plunge is just something that is so unique and different that it just screams to be done every year," Miller said. "I think part of it is the spirit of giving to a charity like the Heart and Stroke Foundation which everyone can agree with."

To add a creative twist to the Polar Plunge this year, participants were judged on the originality of their costumes when they jumped into the pond. Students showed their creativity with outfits as bizarre as a trailer trash trio of students wearing mullet

wigs to students wearing beer case and Canadian flags.

Three commentators stood on the sidelines to judge each participant's costume and jumping techniques from cannonballs to belly flops. The judges were CSI's general manager Denise Payler, part-time professor Ross Cromwell, and head of security Al Hunter.

Miller said Hunter's jokes about some participants' costumes lack thereof, as well as "shrinkage," added even more entertainment to the event. "I don't know where Al Hunter comes up with this stuff. You would never expect it because he looks like a conservative, traditional guy," Miller said.

"The things that must go on in his brain that we don't know about, he just great."

Approximately 27 volunteers assisted with security for the even monitoring the crowd and giving on-ice assistance.

See Pages 9, 10 and 11 for more photos and a story.



(Photo by Michelle Taylor)

Aaron Irwin, Brian Western and Ken VanDyken get the crowd going at the Polar Plunge.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is the worst drinking experience you've ever had?



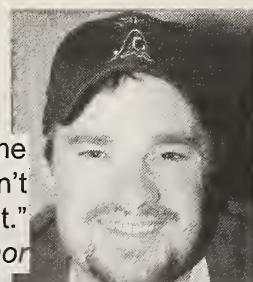
"I fell out of a Jeep and broke my arm."
Anna Gochalska



"I threw a cat at my friend and woke up with puke on my shirt."
Chris Ekert



"I threw my drink at some guy who grabbed my ass and made him buy me a new one."
Alina Croitoru



"A seven-hour train ride home after drinking ... I can't remember what."
Darren O'Connor



"I slept in the hallway of a hotel by myself."
Melissa Black



"I slid down a tree and off a cliff."
Trevor Jones



"I tried to teach my sober friend how to walk straight."
Kinjal Patel



(Photo by Kate Battler)

Tiffany Timleck played the victim in an accident scenario where she was supposedly hit by a van outside the recreation centre. It was one of the two scenarios held annually by the law and security administration program. This year's event took place Feb. 5.

Faking it: a look behind an accident scenario

By CARLA SANDHAM

Tiffany Timleck, wearing a garbage bag over snow pants and a Columbia jacket, positions herself on the ground behind a parked van.

As she lies sprawled out on the icy cement bleeding from injuries to her head, she sits up and laughs, "This is not what I signed up for."

Minutes before the accident, a makeup artist squeezed drops of a red, gelatinous substance onto her face, making it appear as if Timleck is bleeding above her left eye. A bucket of what is supposed to be a hazardous chemical — but smells sweet like grape Kool-Aid crystals — is strewn around the scene and on the victim.

Timleck, a.k.a. the victim, is one of many students who participated in the fourth annual law and security administration program accident scenario at the college, Feb. 5.

"Each year it keeps getting better and better," says Don Douglas, LASA's program co-ordinator during a briefing after the scenario, where red-faced and shivering students sip hot chocolate. "So far, this year has been the best because we didn't kill anyone."

Being killed, or as in this case, taken out of the scenario, is a possibility if a student at the accident does something he or she could die from in a real-life situation.

After a draw from a hat, LASA students assume their roles as security guards, police officers, dispatchers and other personnel involved in the situation.

Students from the pre-service firefighting, paramedic, journalism and broadcasting programs also exercise their skills at the scenario. Douglas says the mock accident is intended to give valuable life experience in the various fields taking part.

However, the accident is only part one of the learning for LASA students. Following this exercise they will be involved in a mock provincial offences trial at the Kitchener courthouse and a civil trial in April.

At about 12 p.m., the original start-time of the scenario, partici-

"Each year it keeps getting better and better."

*Don Douglas,
LASA program co-ordinator*

pants start preparing themselves for their roles.

One student sits patiently in front of a laptop computer, a TV screen showing the accident scene and several buzzing scanners and two-way radios.

A scrambled call comes through over the static on the scanner, "Where are we supposed to go?" a student on the other end asks from a police cruiser on campus.

The dispatch centre, located in Room 3E19, feels warm as tempers rise at the confusion of what to do.

But, LASA student Scott Thompson knows what he's doing.

"I feel prepared," he says, as an instructor shows him how to locate the accident scene on a map on the computer. "I receive a call about the accident and send tiered response."

Outside, students and other helpers from the community quickly set up two identical accident scenes, which happen simultaneously.

At 12:55 p.m. everyone is in place and the staged accident is reported. Security arrives first, followed by the paramedics.

Timleck lifts her head off the ground and peers around the van — which is supposed to have struck

her — to see what's going on. A voice mumbles to the acting victim, "You are supposed to be dying. Keep your head down."

She falls limp and closes her eyes again.

About 20 minutes later firefighters walk onto the scene outside of the recreation centre. The red and white lights of the police car are not far behind as well as the media.

While the firefighters, security guards and police try to take control of the situation, journalism and broadcasting students hound them for details and photo opportunities.

"The media is annoying," says Steph Patterson, who plays an identification officer. "They play their role well."

Chaos ensues.

Some characters forget their roles, lose sight of what was to be done and are caught stepping out of their personas.

"Do you have a pulse?" a paramedic asks the victim.

A confused Timleck responds, "In real life or for the scenario?"

In the end, Const. Pete Barbuto, of Waterloo regional police, whose job was to guide and supervise students, says the situation achieved its goal in portraying reality.

"It's similar in many ways from all the chaos when you merge multiple services and having minimal information to controlling the scene," he says.

Although they may suggest some changes for next year's scenario, most students say the experience is worthwhile.

April Corley, an acting security guard, says it gave them a good sense of the real world and how to respond to it.

And Patterson, who arrived on scene in a real cruiser with flashing lights, says, "It was as real as it can get."

Students think they deserve the right to vote

By CHRISTINA BRAMBURGER

You may notice this year that there is no spot on your ballot to vote for your Conestoga Students Inc. president or vice-president.

That's because the current board of directors has made a few changes to the election policy.

The main change is that the president is now elected by the board and then gets to select his or her own vice-president.

Also, the president can now only be someone who has served at least one year volunteering for the CSI board of directors.

To understand why the change in the policy occurred there are a few things to consider, one being voter turnout in past student elections.

"In the past five years we have seen three of five student presidents acclaimed," says CSI president Justin Falconer.

"When there is voting and competition, we see about 100 votes out of 5,600 students."

The CSI has not had the democracy participation from students that the organization had been hoping for.

Falconer says he thinks this new process is still democratic.

"To be on the board you have to be elected by the student population in the first place."

The presidential role is a full-time position.

With this new process, people on the board work together and have a year to look at each other and evaluate their peers, see what others are capable of, their mind sets and their thought patterns.

Big corporations have their board select their presidents as well.

"Having the president selected by the committee is probably a really beneficial step for the students because they know they're going to have a president who people trust and will work well," says Falconer, "versus a president that wins a popularity contest or is acclaimed because no one is running."

Falconer says the board of directors thought it would be best if people have to spend one year volunteering as part of the board before they can become president so they are aware of board policy, board structure and organization products.

"Some may say, 'Yeah, students should have a say.'

"But I think if people took the time to understand the role of the president and the nature of the role, they would have a different opinion."

The president is merely a voice of the board, says Falconer.

"I do what the board asks me to and I don't have an opinion. I forfeit my opinion and I do the will of the board."

What about the possibility of Survivor-styled alliances forming within the board? One person could say, "If you vote for me as president, I will choose you to be my vice-president."

"I think all that stuff will be stopped in its tracks before it even hits the rails," says Falconer.

"There probably will be people who try that stuff, but there will be whistle-blowers and people who will stop that."

Falconer says CSI has a very out-

spoken and mature board this year.

"These are 20-year-olds who are tasked with making million-dollar decisions. They can do far worse other than pick a president."

With the new election process students can be assured the president who is hired will have a proven track record, already knows the inside workings of CSI and has been exposed to some of the college workings.

"The board is working on the students' behalf and hard questions will be asked," Falconer says.



Kyle Handsaeme

Kyle Handsaeme, 19, a first-year business management student at Conestoga College, says he thinks the students of the college should directly elect the president.

"The president is the voice of the people. Now that the voting right has been taken away, it's not really the voice of the people anymore," he says.

"It's like telling the students in general, 'You don't have an opinion. You're not important.'"

Steve Hamulecki, 19, a first-year business management student at Conestoga College, agrees.

"I think it should be students' choice because the president represents us," he says.

It worries Hamulecki that CSI has taken away his privilege to vote for who he thinks would serve as the best president.



Hamulecki

"If they take that away from us, what will be next?"

Both Handsaeme and Hamulecki say they would cast their ballots on voting day if they were given the opportunity to vote for CSI president.

"I think it's important students are aware of what goes on at the school," says Hamulecki.

Falconer says, "If students don't like what they're seeing, this is exactly why they need to be involved and be a part of this process."

He says if students took the time to understand the organization and the role the president fills, they would say this is the best thing.

Matthew Ruiss, 21, a third-year broadcasting student at Conestoga College, says he thinks the new election process is a fantastic idea.

"This way there's no popularity voting."

He says it's a good idea that the board is selecting the next president because they are more informed than the general student population is.

"It might not be by a lot, but they see what's going on and they are better able to put the presidential position into transition."

Ruiss also finds comfort in knowing the students still get to vote for board members.

"You're voting now for a committee or team of people who are going to do the best job as opposed to one specific individual."



Ruiss

Falconer also defends the board's decision to allow the president to hire his or her own vice-president.

This allows the president to choose someone they can work with, trust and accomplish things with, he says.

"It would not be beneficial to students to have two people elected who don't get along."

"You'd find internal battle more so than external accomplishment."

The board continuously monitors the job of the president and the vice-president, and can always remove the president and the vice-president if they feel things are not working out.

Falconer says the organization should review how they select their president again at a later date.

"But only when there is a greater participation in elections."

Ontario college teachers may hit the picket lines

By REBECCA LEARN

Ontario college teachers are voting on whether or not to give their union the mandate to go on strike on Feb. 17.

If the teachers vote to strike they have chosen March 3 as the day to hit the picket lines.

"We are hopeful and optimistic that an agreement can be reached before any strike occurs," said Debra Marshall, executive director of human resources. The main issue for the faculty involves salaries, according to Marshall.

The union is proposing a 3 per cent increase in September 2003 and another 3 per cent in September 2004. As well, they wish to receive 1.5 per cent increase in April 2004 and another 1.5 per cent in April 2005.

"Even if they vote to strike it doesn't mean there will be one."

John Tibbets,

Conestoga College president

The offer that management has proposed is "3 per cent in each year of a three-year contract and an additional 0.5 per cent in April of the second year," Marshall said.

"A strike vote is an assertion that the members mean business and

meaningful bargaining needs to occur or a strike will happen," said Walter Boettger, president of Ontario Public Service Employees Union 237 (OPSEU) in an e-mail to faculty members.

Marshall said that the bottom line is that there just isn't enough money. "The fundamental issue is the affordability of the demands."

The union feels that the cost of their demands has been misrepresented.

"Amongst the items on their (management's) website, they have misrepresented the cost of our revised salary position," said Ted Montgomery, negotiating team chair for the Colleges of Applied Arts and Technology (CAAT), in an article on the OPSEU website.

"In their zeal to discredit the faculty position, management either deliberately or inadvertently overstated our position by 1.8 per cent," Montgomery said in a website bulletin.

Conestoga College President John Tibbets said there is a lot going on behind the scenes and even after the vote things could still work out. "Even if they vote to strike it doesn't mean there will be one."

Tibbets also said management has to be careful to make an offer that seems reasonable. He added, "We hope that both sides can come up with a settlement for the sake of the students and the community."

By CHRISTINA BRAMBURGER

Conestoga Students Inc. wants students to be aware of the possibility of an academic strike that would affect colleges across Ontario.

They are doing their best to give students the facts and information.

The people that would be directly affected are the librarians, guidance counsellors and faculty.

"I don't want students to panic, but I want students to be aware," says CSI president Justin Falconer.

"Students need to be prepared."

On Feb. 17 a vote will be held by the academic members across the province on whether or not they approve of a possible strike.

"I bet 90 per cent of the students don't know that their faculty could go on strike," says Falconer.

There are booklets available in the CSI office that include the answers to some frequently asked questions, websites with information, as well as contact information for local members of the provincial parliament.

"There definitely needs to be pressure from students," Falconer says.

"Contact your MPPs and let them know you are worried about losing your semester, because when you call them it's important and they'll take it as an important

issue.

"If there is a strike, that means all colleges and faculty in Ontario go on strike, which means 158,574 students will be affected," Falconer says.

"It's going to be significant."

As a student association, CSI doesn't want to see anything happen to students.

"I bet 90 per cent of the students don't know that their faculty could go on strike."

*Justin Falconer,
CSI president*

"So obviously we don't support a strike," he says.

"Whether or not we have an opinion if faculty is being paid enough or not, the bottom line is we can't support a strike."

Many students have been calling the CSI office concerned about losing their semester. That's what they care about the most.

They don't necessarily want to know what the final outcome of bargaining was or what the increase for the faculty was.

"What they want to know is whether or not their teacher is going to show up on March 4 and teach classes like normal or whether or not they're out to lunch," says Falconer.

"And at this point, we don't know."

If there is an academic strike and students do lose their semester, would students be reimbursed for their tuition for the semester? This and many other questions are on the minds of students, administration and faculty alike.

Falconer says students deserve the education that they pay for.

"It's a contract that they signed when they did their acceptance and came back. The college owes it to them."

Conestoga has set up a website for all Ontario student associations, www.collegestrike.com, that is full of information, frequently asked questions and resource web links.

The CSI also plans on improving communication about the strike, through posters, ads in Spoke and on CJQ, and by using overheads in the Sanctuary as time approaches.

Conestoga students will be on their winter break when the strike deadline draws near, so everyone should pay attention to the current events.

The college may do a mailout of information, but nothing is certain at this point.

Students should continue to go to class and take homework and projects seriously, says Falconer.

"Go on with life as normal. Try not to panic, but be aware of the situation."

Media sensationalism a two-way street

It seems as though the media's priorities now fall somewhere between the stomach of a chicken and Janet Jackson's right breast.

And as a media outlet, let us remind you of just how much sensationalism gets thrown in our faces from day-to-day.

Over the past couple of months so much poultry has been in the news due to the mysterious H5N1 bird flu that's flying around that it has made for a hesitant night out for wings. And even though the World Health Organization tries to calm our nerves by saying the virus can only be spread through direct contact, it still gives us a good reason to stock up on more respiratory masks.

And if you haven't heard the latest about Janet, do yourself a favour and check your pulse. Jackson and Justin Timberlake's saucy performance at Super Bowl XXXVIII made quite the lasting impression. But what wouldn't when her nipple has been shown at every different angle, replayed multiple times on television and debated about ever since the Feb. 1 performance. Yes, Jackson and Timberlake made boobs out of themselves.

But please, let it go already.

It's really a shame that the more important events that take place day-after-day in our society are easily forgotten because they lack the naughty headlines. In comparison, it would be interesting to see if Canadians knew more about Paris Hilton's sex tapes or, that one in six children are living in poverty in Canada.

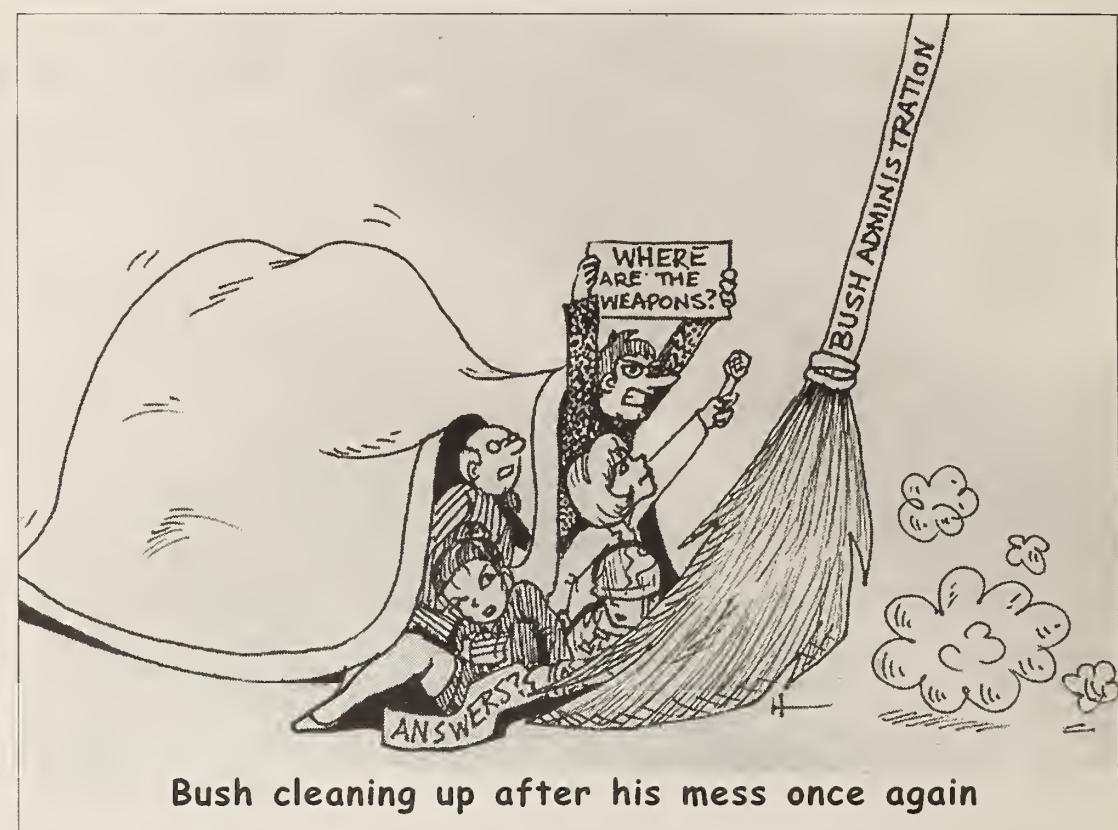
According to the 2003 Report on Child Poverty in Ontario, that is an increase of 41 per cent since 1989. This startling Canadian statistic has been increasing over the past 11 years and all we seem to be concerned about is how much skin the latest Hollywood star is exposing these days.

In an hour-long interview on NBC's *Meet the Press* Feb. 8, U.S. President George W. Bush expressed his opinion that the loss of more than 500 American lives was worth the fight even though no weapons of mass destruction were found. This is something that should be picked at until exhausted. This is something with a lot of depth to it. It would be a shame if this story was tossed away just because the president's intern wasn't involved.

Is it possible for us, both media and the general public, to separate ourselves from the daily overdose of sensationalism and for once pay attention to what really matters?

Are media outlets the cause of the problem or are we just giving audiences what they want?

In order for this trend to stop both sides have to stop putting so much emphasis on sensationalism and more emphasis on the important issues that affect us day-to-



Strike overlooks the little guys

Once again, it will be the little guy who loses.

College teachers, who have been working without a contract since August, are preparing for a vote Feb. 17 to decide whether to give their union the mandate to strike. The outlook is not good. Although it is not official, teachers appear ready to vote yes to a strike.

One of the biggest hurdles that needs to be crossed is, of course, money. Teachers are looking for a salary raise that will put their salaries between high school teachers' and university professors'. Management is telling them that it is not feasible.

We all know contract negotiations can get messy. But there is a third party without any say in this matter. The little guy, the students of Ontario.

Not only do students not have any say, they are being used as pawns. Should a strike take place, the date of the walkout would be March 3. This is the Wednesday after returning from spring break. However, March 3 also falls



James Doyle

Opinion

before students have completed their full workload for the semester, meaning that the academic year would not be complete. This would mean students would not be permitted to earn full course credit.

And depending on how long the strike goes, we, as students, could be expected to return in May to finish the semester.

This also poses a possible problem to anyone involved in work terms or co-op. If a full-time teacher responsible for supervision of these programs goes out on strike, the work placement could be lost.

Part-time teachers and support staff could also be put in a tough position. It is not known yet whether they will be expected to cross the picket lines. This could

create a serious rift between full-time teachers and part-time or support staff, which will only hurt us as students.

This stinks.

Now, I understand the negotiating process, and using the students as leverage does make sense. Except that students are the ones who will suffer in the end. Whether the strike lasts a couple of days, weeks or months, we are losing.

Not only do students not have any say, they are being used as pawns.

Students need to realize that there is a good chance we will not be in school for part of March.

Negotiators for both sides need to realize that they are only where they are because there ARE students to teach.

It is not wise to use them as bait, because eventually the worm will wriggle off the hook.



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Letters should be no longer than 500 words.

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Thieves attracted to Conestoga

By DAWN HASSON

Thieves are attracted to Conestoga College simply because they can take vehicles for a joyride.

The college has roughly 3,300 vehicles on more than 125 acres of parking space.

"There are a lot of vehicles on site here so it's really attractive," said Al Hunter, chief of security

and parking services.

On Jan. 27 (when the college was closed) a stolen Chrysler minivan was found in Lot 13. It had been stolen somewhere in the city and was dropped off and replaced with another Chrysler minivan. The vehicle was recovered by Waterloo regional police and returned to its owner.

"Chrysler products are very popular among thieves. They tend to be targeted by young people who are joyriding," said Hunter.

Because Chrysler's older units are easy to start, the company has changed their newer vehicles.

"The new vans have a chip in their key, a computer chip, so there's an electric interface on them. So it's not a matter of just punching in the ignition and putting the screwdriver in; it will not start," said Hunter.

The college has had six thefts since November.

"I hate to use the word average, but it's about a normal amount," Hunter said. "On the other hand, thefts from vehicles, like stereos and that type of thing, are down significantly."

The college has recently taken new measures to make the parking lots safer, including the installation of closed-circuit television cameras.

LETTERS TO THE EDITOR

Conestoga Students Inc. actions concern some students

Talisman trip 'unacceptable'

My name is Justin Holmes and I am a third-year mechanical engineering technology automated manufacturing student at Conestoga College.

I have just completed the Key Performance Indicators survey and there was a question on the survey regarding satisfaction with Conestoga Students Inc.

I do have a concern. I have recently read an article in the SPOKE newspaper regarding a weekend retreat taken by the CSI members to Talisman which cost the students \$2,500.

The explanation for this weekend is that it was an "intensive policy weekend." I find this to be

extremely unacceptable. Why could these meetings not be held on a weekend in the student lounge?

These "student representatives" are appointed to the task of managing large sums of the students' money.

What accountability do these students have for these funds? This is not the first time that I've seen CSI poorly manage the students' money. Who has the ultimate say on how these funds are dispersed?

I consider the students of Conestoga College to be the shareholders of CSI. What kind of financial report or money management information does this organization feed back to the students?

Does the organization have a budget? Is this budget approved by the hierarchy of Conestoga's management?

This may seem petty and very

unimportant, but I have been made to pay dues to this organization for three years, and have never agreed with a single decision these representatives have made.

I believe if this organization wants to act like a government and have the control over students' money, they should be treated as one and be held accountable for these funds.

How many CEOs of Fortune 500 companies could get away with mismanaging funds and continue working for the company, with no repercussions.

I believe that students should be aware of the decisions and choices made by CSI. I appreciate your time and thank you for listening to my concerns. Any feedback on this matter would be greatly appreciated.

Justin Holmes

Spring break trip giveaway unfair

I heard a story from more than one of my friends that a CSI-sanctioned event involved giving away four spring break trips to Daytona Beach.

Apparently these were won by a member of the board of directors and a security guard (who worked at the Polar Plunge).

I have to wonder if this was really fair to the students who actually went to this event, probably with the hope of winning one of these trips.

I'm not going to go so far as to say that it was rigged or a sham or anything, but nonetheless, how are staff members and people working for the school getting involved in

this draw?

This is my third year at this school and I must say that not a semester goes by that I don't hear about mismanagement and bungling by the CSI (i.e. ski trips on students' money, election policy screw-up, the wrestling event debacle last semester ...).

CSI is supposed to be a student union and all it seems to do is continually screw around the students.

If anything, the student population has learned the true "us and them" mindset of those within CSI.

I'd imagine these trips were meant for the students but that isn't the case this year.

I have to ask how the part of my tuition set aside for CSI is really helping me, a student.

Taite Bronson



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Accident scenario a



(Photo by Carla Sandham)

Students in the police foundations, LASA, firefighting, journalism and broadcasting programs took part in accident scenarios on campus Feb. 5. The scenarios gave students a chance to apply their skills to everyday situations.



(Photo by Aimee Wilson)



(Photo by Aimee Wilson)



(Photo by Carla Sandham)



(Photo by Kate Battler)

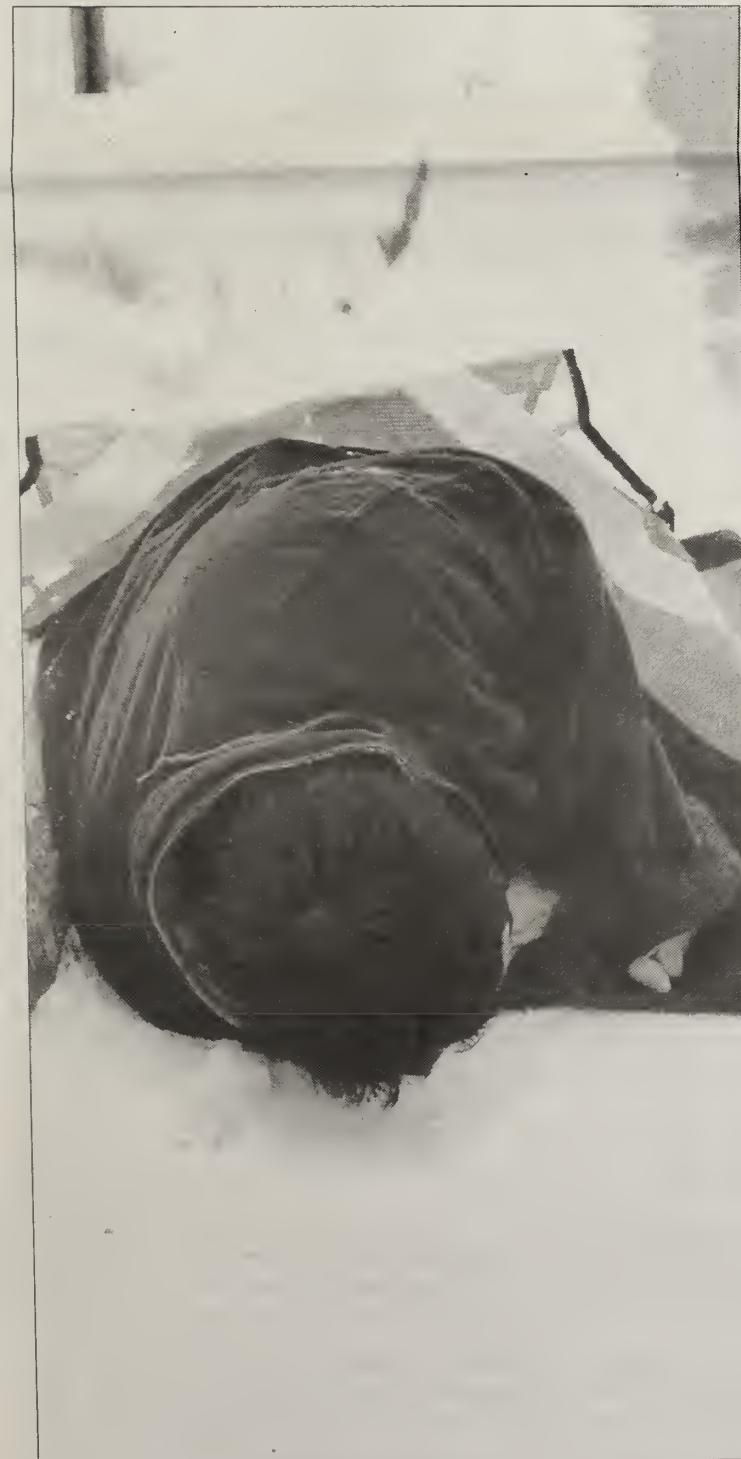
learning experience



(Photo by Aimee Wilson)



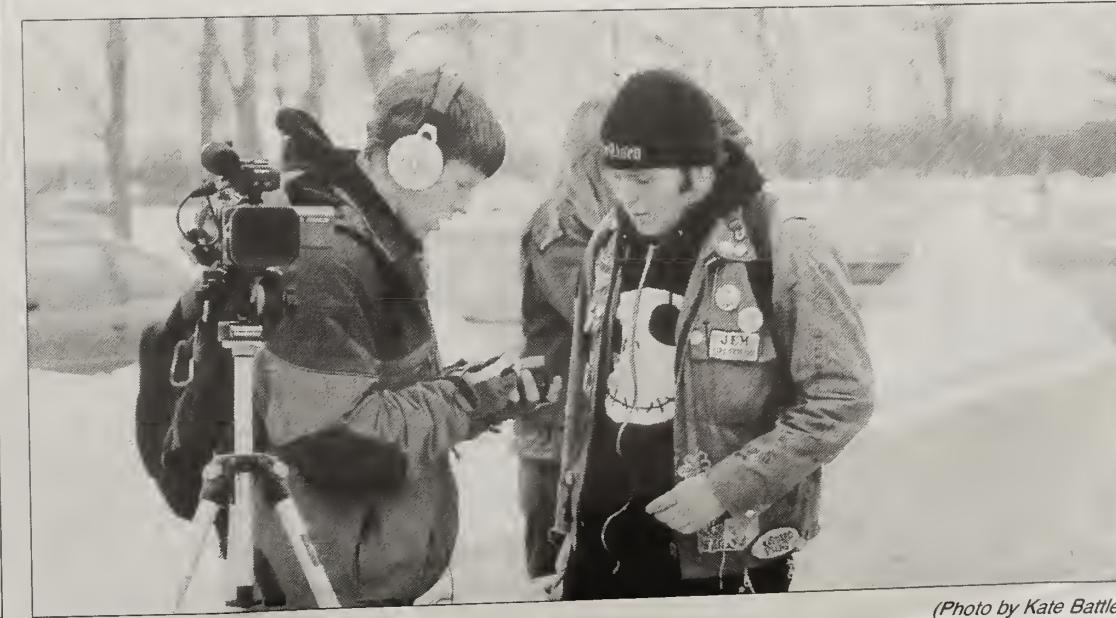
(Photo by Carla Sandham)



(Photo by Kate Vandeven)



(Photo by Kate Battler)



(Photo by Kate Battler)

Employment a challenge for some

People with disabilities face even greater difficulties

By DARRIN SMITH

Finding employment can be a challenge for graduates, but those with disabilities have even greater challenges.

Charlie Matjanec, a disability services employment adviser, helps students with disabilities cope with situations others in the workplace may never have to face.

Matjanec has been helping students with employment issues at the college for five years.

His training and background includes working with disabled adults looking for work. He describes himself as the bridge between students and employers.

He believes the main issue for people with disabilities is how much should they tell their employer about their condition.

"People with disabilities should understand they are a problem solver extraordinaire."

*Charlie Matjanec,
disability services employment
adviser*

"I'm going to help the student or graduate make some decisions on how much of their personal life history they want to tell the employer," said Matjanec.

Legally, he said, a person having a disability doesn't have to disclose any information according to the Ontario Human Rights Code.

Most would choose jobs that would not place themselves or others at risk. However, eventually they may face the challenge of how to let the employer know about sensitive or personal information regarding a disability.

Each person has to decide whether information is disclosed on the application form, during the interview, before he or she starts the job, on the job, or never.

"No matter what choice is made," said Matjanec, "there will be advantages and disadvantages in making a disclosure."

He provides guidance so students can make the best choice for themselves.

One situation where individuals would possibly want the employer to know is when accommodations are required in order to do the job. Disclosing the disability will give the person piece of mind Matjanec said, because he or she is being open, honest and upfront with the employer and co-workers.

The Canadian Charter of Rights and Freedoms and the Ontario Human Rights Code support a person's right to employment and to be fairly treated.

"You are negotiating with the employer from a very strong position," said Matjanec.

He also helps students with preparing cover letters, doing research on the position, resumes, and how to use references. Students also go through mock interviews.

Helping students with how they present themselves is something

else Matjanec works with students on. If the individual is not comfortable with their disability, how do they expect an employer to be comfortable? Students need to project an attitude that says, you're not hiring me because I'm disabled but because you say I have some potential Matjanec said.

"People with disabilities should understand they are a problem solver extraordinaire," he said.

They usually have to adapt because of their disability and are successful because they have learned to solve some organizational problems, and manage what they have to deal with.

In one situation, Matjanec was touring a factory with a blind student. While on the tour, the employer was moving things out of the way ahead of them. Matjanec asked the employer why he was doing this to which the employer replied he was trying to make it safer for the student.

The student said it was nice of the employer to clear the aisle for him but, at the same time, it probably made the workplace safer for the other workers as well.

If an object is jutting out and you get distracted then you're like the blind, you'll not see it and could endanger yourself, Matjanec said.

The student did get the job as the employer saw how the student had improved safety at the workplace. The student took something taken for granted and made the employer more conscious of the safety issues.

"If anything, you're the innovator," said Matjanec. "You're doing things differently as you have no choice."

Students should give employers some indication they have the skill employers are looking for. They have to convince the employer it's a good investment for them, he said.

Matjanec works with people who have innovation as part of their character because they can't process information the same as others do. If employers try to teach those with a learning disability the way the employer processes information, they are doing the worker a terrible disservice, he said.

He added many people with disabilities can do the work, but they have different ways to accomplish the same task.

His suggestion to people wanting to make a disclosure is to ask if it is going to be helpful. Weigh the environment first and how the information will be received, and ask yourself will it undermine your position, and will you be recognized as the disabled person who was just hired. If this is the case, you may want to look elsewhere Matjanec said.

In addition to helping students, Matjanec has been called on by employers to help companies accommodate students from the college looking for work.

"The support employers are now getting helps to demystify and take away some of their concern over the issue of disabilities," said Matjanec.



(Photo by Darren Smith)

Charlie Matjanec, a disability services employment adviser, tries to do whatever he can to assist students with disabilities who are seeking employment.

AWARDS, BURSARIES, SCHOLARSHIPS

The Arden Mertz Bursary

Arden Mertz was a key force in developing Conestoga College's original Architecture Construction Engineering Technology program in 1967. For over 30 years, as the program's co-ordinator, he nurtured both the program and its students. When he retired in 1997, the Architecture Construction Engineering Technology program students, alumni and faculty raised funds to establish the annual Arden Mertz Bursary which is presented in honour of Arden's outstanding dedication and contribution.

Who Can Apply

- you must be a full-time student in year 1 or year 2 of the Architecture Construction Engineering Technology program, and
- have passed ALL the Architecture Construction Engineering Technology program courses taken since starting the program and up to the time you submit this application
- you must be able to demonstrate that you have the following qualities:

a caring individual who regularly contributes by helping his or her classmates, possess a positive attitude and is a credit to the class,

- intends to return to the Architecture Construction Engineering Technology program in the upcoming semester
- must demonstrate financial need.

Submission of Application

- application must be complete and, where applicable, be accompanied by the appropriate receipts
- incomplete submissions will not be considered
- if you require assistance in completing your application, please see Vicki Russell, Financial Aid/Student Awards Office, SCSB, Doon Campus
- submit your application to Lisa Nequest, Financial Aid/Student Awards Office, SCSB, Doon Campus

Value of award: two bursaries of \$600.00 each

Application Deadline: Friday April 9, 2004

Selection and Notification

only the successful candidate will be notified

this bursary is conditional and will be applied directly towards the successful candidate's Architecture Construction Engineering Technology program tuition for the next semester. Should the student not continue in the program, for whatever reason, the bursary will be cancelled.

- the successful candidate will be invited to attend the Annual Awards Banquet held in April where an official announcement of the award winner will be made, the successful candidate will be listed, along with the recipient of other awards, on the program's Annual List of Award Winners
- Should the selection committee find no qualified applicant among the submissions, the awarding of the bursary will be deferred for a year.

Another bruise for tarnished CSI reputation

By RYAN CONNELL

Students are still showing no interest in student life at the college despite the \$1,400 worth of free Daytona trips that were offered.

Approximately 40 students stayed in the Sanctuary for the Bear Naked Tease Freeze event to celebrate the Polar Plunge on Feb. 5.

Conestoga Students Inc. (CSI) offered four free spring break trips to Daytona, Fla., each worth \$350, as incentive to bring more students to their pub nights.

Two names were drawn and each received two trips to take them and a guest to Daytona.

Those who attended the event were given a free door prize ticket. Extra tickets were sold for \$1 each, or four for \$3 with the profits going to the Heart and Stroke Foundation. Approximately \$175 from tickets sales was raised for the foundation.

One winner was drawn from the tickets that were sold and the tickets that each student got for coming. The other winner was drawn from another pile that contained one ticket for each participant that entered both

the Polar Plunge and came to the Bear Naked Tease Freeze event in the evening.

Many students who attended the pub night were disappointed to discover the two winners were CSI volunteers.



(Photo by Ryan Connell)

Second-year broadcasting student Chris Brooks and third-year special studies student Debbie Brock dance under the flashing lights at the Bear Naked Tease Freeze on Feb. 5.

CSI board director Jessica Wismer, a second-year marketing student, won the draw for two trips for being a participant in the Polar Plunge and attending the Bear Naked Tease Freeze event. Wismer plans to take her friend Leanne Bird, a first-year office administration student. Bird spent approximately \$35 on tickets in an attempt to win the trip.

CSI security Joe Necry, a second-year police foundations student, won the other package of two Daytona spring break trips. Necry won with one ticket which he received for helping at the event.

Debbie Brock, a third-year special studies student, who helped organize both events, drew the winning tickets. She said it was merely coincidence that both students who won were volunteers for CSI.

"The board member that won happened to be someone that plunged," Brock said. "We are not going to take it away from her."

"As for the security, everybody who worked for us during the day got a free ticket because they volunteered. Therefore, the security guard who volunteered got a free ticket. That was the one that happened to be drawn."

LETTER TO THE EDITOR

Just when students at Conestoga College thought they had all they could handle of Conestoga Students Inc.'s mismanagement, another incident rears its ugly head. What's the newest one you ask? Well, it appears that last week's charity Polar Plunge event and pub night is brewing some controversy of its own.

It was advertised that CSI was hosting and sponsoring the Polar Plunge and pub night, which was held in the Sanctuary later that Thursday night. It was also advertised that CSI was giving away two trips for two to Daytona Beach for spring break. What's so scandalous about that you ask? Well, what many marketing students and other students who attended that pub night are asking is how did a member of the CSI board of directors win one of those CSI event sponsored trips?

Any corporation, company or lottery giving away prizes outline specific rules prohibiting employees, employees' families and staff of affiliate companies from participating or claiming a prize that is offered in any of their contests to the general public. If Tim Hortons does not allow their employees or family members to claim a prize won in their "Roll Up The Rim To Win" contest, why should it be any different for a CSI board of director?

Granted, this board member is a student at the college and does pay CSI fees through her tuition. But you would think that CSI would have the common sense, with being under the constant onslaught of bad publicity, to

exclude their staff and affiliates from winning one of the trips to Daytona? This board member is an affiliate of CSI, volunteer or not, and should not have been eligible to win this trip.

With many students already disgruntled about CSI board members enjoying a weekend getaway at Talisman on their tuition fee paid to CSI, the last thing any student wants to see or hear about is a CSI board of director winning a CSI-sponsored trip to Daytona. What this board member should do, instead of bragging to classmates about how she'll be soaking up the sun in Daytona one week from now, is give up her prize and have another name drawn; the name of a student NOT affiliated with CSI.

It saddens and disgusts me that the CSI would allow a member of its organization to claim a prize without considering the fallout it may have with the student body. You would think an organization that prides itself on offering services to the whole student body, an organization that is trying to clean up an already-tarnished image, would think to disqualify any of their members from winning that trip? With many people refunding their CSI benefits package each year, I wonder if students will demand that their CSI fee be refunded as well?

What good is the fee doing for the students when the only people who are benefiting from it are members of CSI?

Amy Fleming

Leap ahead with extra time in 2004

By RYAN CONNELL

The sub-zero temperature was enough to discourage all staff and faculty members from diving into a pond.

All except one.

Jennifer Lowes, the dean's assistant for the school of business, was the only staff or faculty member to participate in the Polar Plunge on Feb. 5.

"It started as a bet but then I just decided to do it for a good cause."

*Jennifer Lowes,
staff jumper*

The staff member also raised the most money in the entire event, bringing in \$650. Lowes raised one-quarter of the event's total of \$2,582. Lowes said the idea of her jumping into the pond started the day before the event when someone in the office asked her if she would jump for \$50.

"It started as a bet but then I just decided to do it for a good cause," Lowes said.

She signed up for the annual event that raises money for the Heart and Stroke Foundation. She didn't take the \$50 when she realized how much money she was collecting from fellow staff members and faculty.

Fellow co-worker Mary-Lynn

Dedels, the administrative assistant for the school of liberal and media studies, said staff were willing to pay to see her jump into the pond because Lowes has an outgoing personality and would be the type of person to do it.

"She is someone who will take you up on a dare no matter what," Dedels said. "She's a wild child."

Dedels said she would like to see more staff and faculty take part in fundraisers such as the Polar Plunge.

"It's for charity and it's a worthy cause but I don't know how many brave souls there are who would do it," Dedels said.

CSI vice-president of student activities, Ethan Miller, was impressed by how much money Lowes was able to raise.

"It speaks volumes about the staff at the college that within one day they pooled together \$650," Miller said. "That says a lot about this school."

Lowes didn't wear a creative costume when jumping into the pond like students did. She wore an orange T-shirt, Adidas track pants, wool socks and sandals when plunging into the below zero water.

"The water wasn't as bad as I thought. It was deeper than I thought but it wasn't as bad," Lowes said. "It was still cold though, but one of my co-workers had a nice terrycloth robe for me afterwards."

Lowes said she might consider

jumping again next year if she can raise that much money again for charity.



(Photo by Ryan Connell)

Jennifer Lowes, was the only staff or faculty member to jump into the sub-zero temperatures at the Polar Plunge event on Feb. 5.

By LESLEY LEACHMAN

This year will be a little longer. We will be waiting an extra day to flip the calendar from February to March, because 2004 is a leap year.

Leap years occur almost every four years, making this year last 366 days, with February lasting one day longer.

Our present day calendar, the Gregorian calendar, is based on the solar or astronomical year. However, the time it takes for the earth to circle the sun isn't precisely 365 days. It takes about 365 days and six hours.

Although it sounds like a minor difference, after four years the calendar would lose an entire day against the seasonal year. After 100 years, the calendar would be more than 24 days ahead of the season. This means that special dates, such as Christmas, would start to come a little earlier every year. After 150 years, it would come in early fall.

The calendar needed to be aligned with the seasons and adding an extra day every four years diminishes the difference between the calendar and the seasons as much as possible.

However, leap years don't always occur every four years. Only the years divisible by four can be a leap year. However, every year that is divisible by 100 cannot

be a leap year, unless it's also divisible by 400.

Confused yet?

For example, the year 1800, 1900, 2100 and 2200 are not leap years, while year 2000 and 2400 are leap years.

Also, it isn't just the Gregorian calendar that needs to be adjusted. The Jewish calendar is based on a lunar cycle.

Each month is determined on the interval of about 30 days, from new moon to new moon. This makes the calendar short about 10 days every solar year. Jewish holidays are usually season-related, so the calendar has to be adjusted to compensate.

Almost an entire month has to be added every three years, which works out to be seven times every two decades.

The Muslim calendar is also lunar, but it doesn't adjust to the seasonal year. Therefore, holidays come earlier each season every year. Sometimes, a holiday is in the summer and years later the same holiday is in the winter.

But, regardless of what calendar is followed, the added day a leap year brings is widely considered to be a gift. It's extra time in the year to get caught up on things or to do something you've always wanted to do.

But ultimately the extra time is yours, so use it wisely.

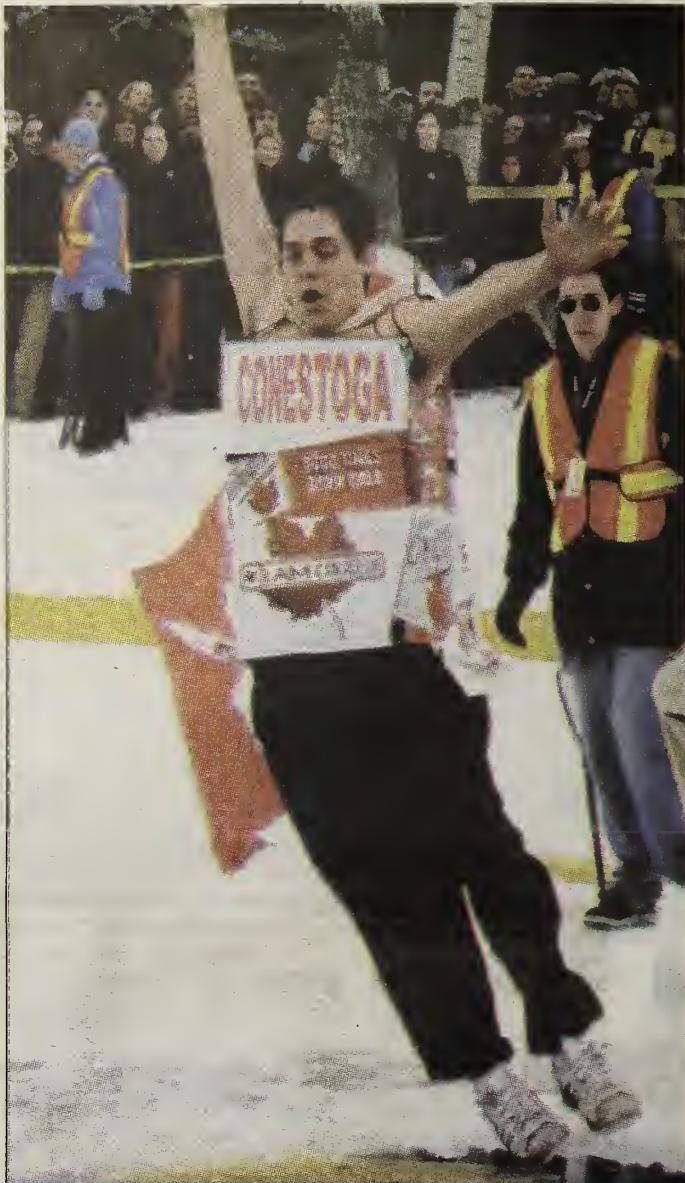


Taking the ice-e-e

Students and faculty of



(Photo by Ryan Connell)



(Photo by Michelle Taylor)



(Photo by Michelle Taylor)



(Photo by Ryan Connell)

students
walk in with your
taxes
walk out with your
money



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or visit hrblock.ca

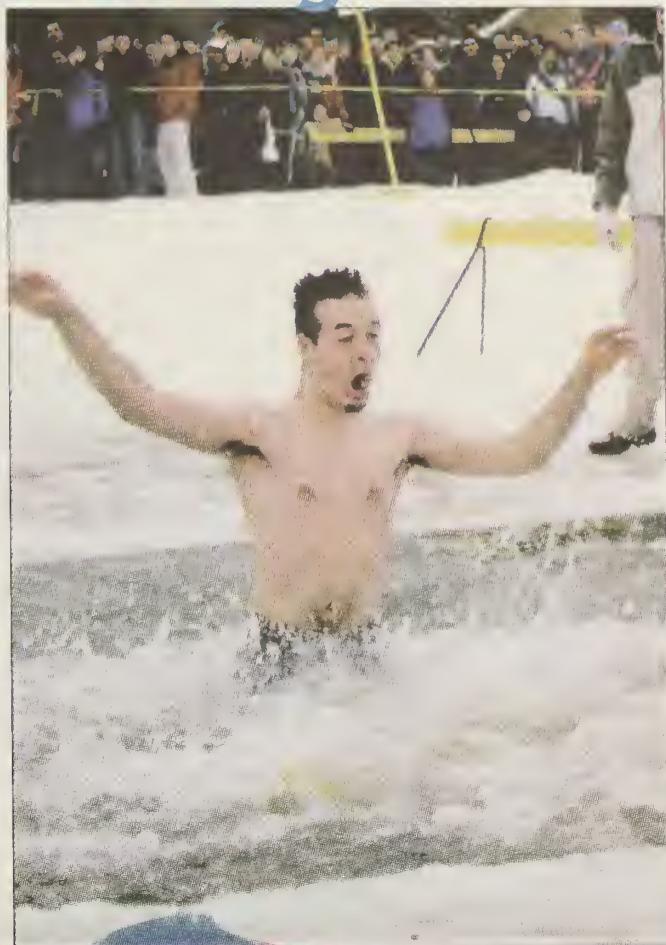
H&R BLOCK

e-e-e cool plunge

Conestoga enjoy the Polar Plunge!



(Photo by Michelle Taylor)



(Photo by Ryan Connell)



(Photo by Michelle Taylor)



(Photo by Ryan Connell)

Working around the world

By JENNIFER HOWDEN

Have you ever dreamed of traveling the world but don't have the money to make it happen?

The Students Working Abroad Program (SWAP) is here to make that dream come true.

SWAP helps students get the necessary documents and complete the necessary steps to work in other countries.

While working, the student also gets to explore the country and experience the new culture.

The type of work you can get includes hospitality, retail, and clerical. Some students are lucky enough to find unique jobs such as working on boats or giving tours of the city.

To become involved with SWAP, students must first apply at www.swap.ca where they print out an application or they can visit the nearest Travel Cuts office. The application must include a resume, a typed reference letter and an international student identification card number or a letter from your school proving you are a student.

You must also fill out the actual application form. The form is divided into six sections, which asks questions such as identifica-

tion information for your visa, where you want to go and where you heard about SWAP.

Finally, a cheque to pay your registration fee must be included as well as how much money you have in your bank account so you don't run out of money while looking for a job. The amount of the registration fee and how much money you have to have saved depends on the country you are applying for. For a full list of registration fees visit the SWAP website.

To be accepted students must also have a valid Canadian passport.

Once accepted into the program students receive their registration package which includes legal documents required to work abroad, a work visa up to one year, two-night accommodations, an orientation upon arrival and many other things.

The registration does not include your flight, which must be booked through Travel Cuts. Also, it does not cover where you will be staying beyond the first two nights or where you are working. You have to arrange that yourself. However, SWAP will provide a list of possible employers and accommodations.

Canadian students can choose to work in Britain, Ireland, France,

Japan, Germany, Australia, South Africa, Austria and New Zealand. There are also special application forms for the United States and Ghana.

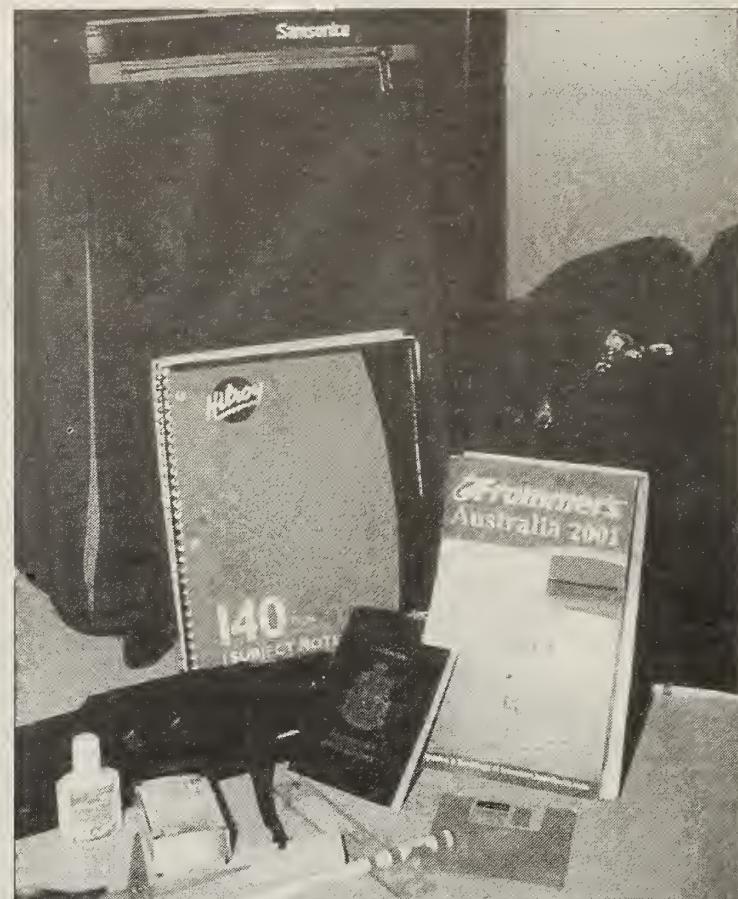
For more information about each program visit www.swap.ca.

Canadian students who have already experienced SWAP gave testimonials on the SWAP website. All said they had the time of their lives.

"I don't think words can describe it, although phenomenal, epic, mind-blowing, eye-opening and exciting come close. It was one of the best things I ever did. I would definitely do it again," said Peter Juhasz, who experienced SWAP Australia.

"It was an incredible experience for me. It gave me the chance to be totally responsible for myself and gain experience working in another country," said Cristel Schmidt, who worked in Britain.

Lisa Robillard, who experienced SWAP Japan, said, "I thought the SWAP experience was unbelievable. I learned a lot and had a great time. I was a little unsure of what to expect when I arrived in Japan, but it was great. I would recommend this program to anyone interested in travelling to any country."



(Photo by Jennifer Howden)

SWAP will give students the chance to travel to another country, as well as build their resume.

Volunteer Support Request

THE FoodBank OF WATERLOO REGION



Rock Revival - in Support of the Food Bank of Waterloo Region
6 volunteers required
Must be able to lift.
February 26th - 27th
9am - 1pm

Budd Park Soccer Arena
Contact: Judy Dusick
748-5131

CONESTOGA
STUDENTS INC.

Real life trade-in

Those of you in the final year of a college program are probably suffering from the same anxiety I am. Real life is quickly approaching and soon we'll have to report to work instead of classes.

I was complaining, as per usual, the other day about how hard my life is combining classes, homework and my part-time job.

A friend of mine put things into perspective for me though, when he said, "What happens if you miss a class? Not much. But what happens if you miss work? You don't get paid. Then you can't pay for your rent or your car, or you could get fired."

I realize now that I'm just trading in one set of responsibilities for a totally different set.

As well, with these new responsibilities, the repercussions of laziness and apathy will be much harsher than not having the notes to study for a test.

I have three main objectives right now that many graduating people can probably relate to: Moving out of student housing into a real apartment, finding a job and finding a work term for school.

These are all things that, a couple of years ago, I suppose I just stupidly assumed would fall into place. But, for those of you not at this stage yet, let me tell you that some days you may wish you had a hammer to put the pieces of this puzzle together.

Most of the apartments in the area, that are any good, require a 12-month lease. If I don't sign a lease I'll have nowhere to live. But, if I do sign it, then I have to find a job in this area to make sure I can stay here for a year.

My parents are continuously



Rebecca Learn

Opinion

telling me, "Don't sign anything until you know you'll be able to find a job." Well, isn't it better that I sign it and have somewhere to live? I can always keep flipping pizzas for a while until I find a better job.

I have a hunch they just want me to move back home though, and that's why the one-year lease frightens them.

Finding a work term is something I'm sure I can make happen, because there is help if I'm having trouble. But, it's like another ball in the air that I have to make sure I don't drop.

If I can't find a work term here, and I have to go home, it will affect the other aspects of my life.

I'll be paying rent for a month for an apartment I won't be living in and it'll be a full month I won't be able to look for a job, not to mention the fact that I value my sanity too much to spend four weeks under my parents' roof with my constantly bickering sisters.

When you look at the options, it really does create a strong motivation to find something close by, eh?

Well, I used to think that finishing school would give me a great sense of freedom, but it turns out it's just a trade-in. Such is the life of a graduating student.

Bird watching is no longer just for cats

Hobby lets people get in touch with nature



By LESLEY LEACHMAN

High above the ground, nestled safely within the branches of an oak tree, a young robin peers down from its nest at the world below. Then, in one instant of courage it totters to the edge of the nest, spreads its tiny wings and takes flight for the first time.

Click! With precision timing, Peter Becker has just taken the ideal picture he's been patiently waiting for.

Becker then brushes the dirt off his pants, picks up his camera equipment and moves on to the next tree.

For the past six years, Becker, 51, has enjoyed the hobby of bird photography. Armed with his 35 mm camera, focal-length telephoto lens, countless rolls of slide film and tripod, he has travelled all over Canada photographing his feathered friends.

"It is fascinating to watch these creatures in their own habitat, fluttering about," he says. "It's humbling in a sense, you get to personally take in and document the true beauty of nature."

It was Becker's enthusiasm for nature that led him to his hobby. He says he's always loved hiking in the wilderness and watching different bird species. Once he learned how to use a camera, he was spending all his free time taking pictures of birds.

So far, Becker estimates he's taken more than 2,500 photographs of birds.

Becker has a fondness for finches and has spent a great deal of time researching their behaviour. He says the best way to locate a particular bird is to examine what they like to eat, where they breed and



(Photo by Lesley Leachman)

A good bird watcher is never without a pair of binoculars and a notebook. Writing down the details of the birds, what they look like, what they eat and their activities, is a great way to gather information to make your own personal bird guide.

where they prefer to nest. This way you can approach them successfully and take brilliant pictures.

But Becker warns that it takes a lot of patience to photograph these flighty creatures.

"You're going to pull your hair out more than once," he says. "It's aggravating to trudge out into a muddy field then wait quietly, sometimes for hours, only to have the bird fly away during the perfect shot."

But bird watching, or birding, doesn't have to take place during the warm months.

"Winter bird watching can be done right from your own home," says longtime bird watcher, Kara

Young. "All you need is a window and a bird feeder."

Young has been birding for almost 30 years and adores all species of birds. She says it's what these animals represent that draws her to them.

"Birds are the ultimate symbol of freedom," she says. "They deserve our attention."

Young explains that attracting birds in the winter depends on what kind of feeder you provide and which seeds you fill it with. Different birds have different needs. For example, purple finches gather on raised feeders and small agile birds prefer hanging feeders. And morning doves like

to peck at white millet and sparrows like safflower (a small white seed).

However, Young prefers to use sunflower seeds as it attracts all sorts of birds, including cardinals, blue jays, woodpeckers, chickadees and purple finches.

While observing these sprightly creatures, Young is never without a

good pair of binoculars and a notebook. She says writing down the detail of the birds, what they look like, what they eat and their activities is a great way to gather information to make your own personal bird guide.

"This will help you get to know what certain birds are like, which will help you for future birding," she says.

Young's most interesting encounter was while she was travelling in Iowa. She was able to observe a Lincoln sparrow, which is rare in that area. Additionally, she has studied a cluster of cardinals perched on a single branch, which is also an unusual sight.

Young believes there are many benefits to bird watching. Walking through parks, meadows and woods is good exercise; as well, the solitude can clear the mind. But, she feels the greatest benefit of birding is that it is a vital way to preserve and research all species of birds. Where they breed, where they nest and how they're being affected by the environment is commonly documented by bird watchers.

"A lot of what is known by ornithology has come from the research and observations of bird watchers," says Young. "Write down everything you notice about the birds; you never know what the slightest bit of information can lead to."



(Photo by Lesley Leachman)

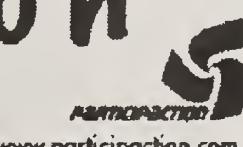
Above, different birds prefer different seeds. For example, morning doves like to eat white millet and woodpeckers prefer suet. This sparrow, however, likes to peck at sunflower seeds. Right, a blue jay views the world around him from the comfort of his branch.



(Internet photo)

Life is short. Get an extension.

Live longer with daily physical activity, healthy eating and following your doctor's advice.



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ELECTION CALL

CONESTOGA STUDENTS INC. BOARD OF DIRECTORS NOMINATIONS

". . . to enhance student satisfaction through active college and community awareness."

Nomination period opens March 1 - closes noon on March 8th. Nomination packages will be available March 1 at the CSI office.

Must be willing to devote 5 hours per week to CSI business, i.e. board meetings, committee meetings etc.

Willing to write, interpret and develop policy
Link with students -- bring ideas to the Board from the students. Bring information back to the students from CSI Board or the college.
Provide visionary leadership for future years

CONESTOGA
STUDENTS INC.

Artists unite at Victoria Park Pavilion

Latin-feel cafe cabaret wows audience with its multicultural performances

By VALENTINA RAPOORT

With a standing ovation, this year's Café Cabaret proved its success again.

"It's about educating everybody including myself," said producer of the show Isabel Cisterna.

On Feb. 7, the Chilean-born actress organized the fourth Café Cabaret promoting artists from around the world at the Victoria Park Pavilion.

The show included seven acts made up of singers, musicians, actors and choirs from all over South America and Europe. With candle-lit tables and a lava-lamp decorated stage, an audience of 300 people experienced multiculturalism at its best.

Ecos del sur (echoes from the south) featured a 10-member choir consisting of both Latin Americans and Canadians performing Spanish songs from all over South America. Singer and actor Brian Otto sang classics including two pieces from the Argentinean musical *Evita*. Ukrainian violinist, Tatiana Kostour showed her amazing string talent and also participated in a trio along with Venezuelan cellist Hector Vasquez and Canadian pianist Lorin Shalanko, changing the pace with traditional tangos. Mexican singer and guitarist Manuel Balcazar left the audience yelling encore as he performed popular Mexican and Spanish songs.

Voces del sur (voices from the south), an eight-member group, finished off the show combining both instruments and vocals to perform folk music from around the world.

In addition, Cisterna, along with Brian Otto, wowed the audience with her self-written monologue, *The Dream*. With a comical underlining, the piece told the life of a husband who moves his wife to the desert for a better job opportunity. Throughout the skit, Cisterna's character deals with having to let go of her life in her native country.

"It helps Canadians understand the attitudes and different stages (of emotions) that newcomers have," said Cisterna.

Immigrating to



(Photo by Valentina Rapoort)

Voces del sur (voices from the south), an eight-member group who performed popular folk music in Spanish, invited the cabaret's producer Isabel Cisterna up on stage to play the maracs for one of their final acts.

gauge you lack in confidence to show what you can do to a Canadian audience," she said.

With time, Cisterna began to learn how to get around as an artist and in 1993 landed her first on-stage job at the George Ignatieff Theatre in Toronto. Soon she began writing her own monologues and performing them wherever she could.

With her gained experience Cisterna decided to share her knowledge with others.

"I saw so many talented people who were not using their talents. They were frustrated and really sad

because they w o u l d (perform) b a c k

home b u t n o t here."

And

so

Cisterna and her husband (who she met in Canada) used money from their own pockets to organize the first Café Cabaret.

"We just took a chance," she said, adding they only hoped that ticket sales would make enough money to reimburse them for venue costs.

Now, after again proving its success, the Café Cabaret is not only able to afford expenses with ticket sales but also pays the performers and caterers.

She described this year's turnout to be incredibly overwhelming.

"You always hope for the best but you never know. I was really pleased with how many people came and stayed even though we were so overcrowded."

The show was scheduled to start at 7 p.m., but people were still lined up to buy tickets at 7:30. Cisterna was forced to turn many people away. Many who bought tickets at the door found extra chairs at group tables making the event not only educational but also interactive.

"For people who are interested in getting to know other cultures this is a fun way to do it because there is no history lesson, just music," she said.

Cisterna said she was surprised how many Canadian enjoyed the show since it was made up mostly of Spanish lyrics.

"I was sitting at a table with a lady and told her that I wished she could understand the words because they were beautiful. She



(Photo by Valentina Rapoort)

Actor and singer Brian Otto performed classics, two of which came from the Argentinean musical *Evita*.

responded by saying she could feel them ... that to me is the most fantastic part," said Cisterna.

In addition to being a promising actress, Cisterna also has an eight-year-old daughter and another child on the way. She works as an interpreter at the K-W multicultural Centre in Waterloo and, along with a fellow actor, produced Neruda Productions. Named after Chilean poet Pablo Neruda, her production company is behind the cabaret events, which she said not only promotes immigrated artists but also helps build friendship among them.

"All of a sudden it becomes a

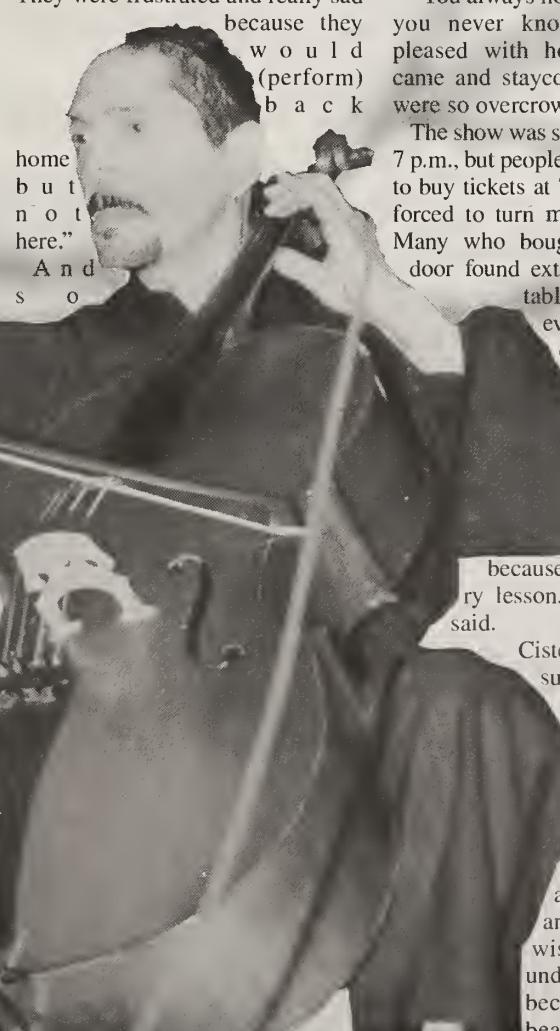
community of artists from all over the world," she said.

This year the show was sponsored in part by the KW Regional Arts fund, The City of Kitchener and The Waterloo Arts Council. The show so far has been held twice a year since 2002 and Cisterna said the next show will be scheduled in either October or November of this year depending on location availability.

"The biggest challenge is always finding the right place. Every time we've done it we've moved to a bigger place," she said, adding, "This (the Victoria Park Pavilion) was a big place and it also got full."

Canada in 1991 from Santiago Chile, 31-year-old Cisterna said trying to find work as an artist in a new country with a new language was very difficult.

"If you're a newcomer and English is your second lan-



Losing weight begins with eating habits

By BRYAN MARTIN

It seems nowadays everybody is looking for answers on how to lose weight and it's driving people crazy.

There are many products on the market that are advertised for weight loss, but many of them have routines that are virtually impossible to follow. For example, there is one where you take two pills everyday, but you can only eat a very tiny amount of food and drink lots of water.

It might sound like a fast fix, but once you start the program you will find yourself very hungry, deprived of many essential foods and overwhelmed and discouraged with poor results.

Another problem with these diets is that they only provide temporary solutions. People might see results for the first few weeks, but then they will have a tendency to go off the diets. When that happens it usually means disaster; you will start overeating because you were deprived for so long and not only will you gain back the pounds you lost, but you will possibly gain extra weight.

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There are also suggestions to begin a gym program by working out three to four times a week, while at the same time improving eating habits. That might work for some people, but not for the majority who want to lose a significant amount of weight.

The key is to start off slowly and then build momentum. There is nothing worse than pushing people too hard early on and then watching them get so discouraged they give up.

Don't feel you have to go to the gym right away. The improvements can start at home and at school.

Eating is key and is overlooked by so many. A lot of students think if they're hungry and want to eat something, it shouldn't matter what they eat.

That's the problem. For example, a sub will fill you up pretty much the same as a Harvey's meal, but the sub is much better for you and contains a lot less fat.

If you can substitute meal changes like that for a month or two, you will notice a difference in your weight and how you feel.

It's changes like that which can help you look better. It's important

to avoid snacking on chips and chocolate, switching to fruit and vegetables because they will keep you feeling good and will help curb your hunger. That's important because usually after a day of school many students go home and make unhealthy snacks that have no nutritional value.

Also, drink water. A recent study by Penn State University shows that it's not so much what you eat, but what you drink and the best thing to drink is water.

Try to avoid juices which have added sugars, sticking instead to milk and water. If you have to drink something sweet, have Gatorade.

If you start slowly by watching what you eat and drink you will get the ball rolling and it will do wonders to how you feel.

Once you change your eating habits for a couple of months you will see improvement and you'll wonder how to keep on improving yourself.

That's the simple answer, get yourself into a gym and remember to start slowly with only a few workouts a week and then go from there.

By the end, if things all work out, you will be exercising four to five times a week, eating well and feeling great about yourself.

Right now it might seem a little much, but once you start you will be amazed how your confidence increases and how much more you will want to do with your days.



(Photo by Bryan Martin)

Scott Wilson, a second-year architecture student, indulges in a healthy sub for lunch on Feb. 6. If you begin eating healthier you will notice a difference in your weight and how you feel.

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A miracle on ice and film

U.S. Olympic team beat the odds

By KATE BATTLER

Any movie that can make Canadians cheer for Team U.S.A. must be damn good.

When I walked into the theatre I had doubts about how good a movie about an American hockey team could really be. After all, Canada is hockey country.

But as I sat there and watched a determined man turn a group of 20 young strangers, some of them enemies, into a team and a family, I realized that it didn't matter what country they were from.

Miracle is the story of the 1980 U.S. Olympic hockey team that overcame tremendous odds on and off the ice.

With Herb Brooks as their coach, they went on to beat the dreaded Soviet team and then Finland for the gold, but the real story lies with the coach himself.

When Brooks said that was the loneliest year of his life it is easy to see why after watching the movie.

Not only was he away from his wife and two children for the majority of the six months leading up to the Olympics, but in order to bring the team together he had to really distance himself from them, something the players figured out later.

Brooks knew if he could get them to start doing anything as a team, even if it meant hating him, then they would slowly start to play as a team as well. As the team came together though, every player had the feeling that Brooks liked him the best and this inspired the players to make him proud.

The conviction and strength Brooks had is really the story behind the team. Only a man who truly had the game of hockey in his blood could have led that team.

Kurt Russell, who plays Herb Brooks in the movie, said in previous interviews Brooks was a great hockey player but he was an even greater coach.

An important aspect of this

movie that helps to make it stand out above others is they used real hockey players that wanted to act instead of trying to train actors to be hockey players.

Many of the players are first-time actors and all had to go through grueling tryouts much like the original team did.

The movie itself made you feel like you were there for the game and made the last 10 minutes against the Soviets feel like a lifetime. I found myself holding my breath, silently cheering for goalie Jim Craig to hold off the last minute onslaught.

This is definitely a movie every hockey fan should see but it is also a movie that non-hockey fans will enjoy because it is also a movie about dreams, goals and inspirations.

"Do you believe in miracles?" became one of the greatest lines in sports history and after watching this movie it is easy to see why.



(Internet photo)

Miracle is the story of the 1980 U.S. Olympic hockey team. It stars actor Kurt Russell as head coach Herb Brooks.

New CTV comedy a gas

Canadian comedy attracts 1.1-million viewers a night

By JASON MIDDLETON

Fill'er up!

Canadian comedy is taking a front seat with CTV's new hit comedy Corner Gas.

The Canadian-produced show has been attracting rave reviews and more than 1.1-million viewers per episode.

The show follows the life of a gas station owner who operates the only stop for 6.5 kilometres in the small town of Dog River, Sask.

Comedian Brent Butt plays the lead role of Brent LeRoy.

Butt said, in a recent phone interview, that the show's success is because, "People can relate to the characters. We worked really hard to make it funny. Funny first is our motto. It's not making fun of small towns."

Characters in the show include LeRoy's parents, a coffee shop owner, his best friend, the town's two police officers and a convenience store clerk who has a knack for grammar.

According to Butt, the characters are compilations of people he's

met in both big and small cities.

The 16-year-veteran comedian started writing Corner Gas episodes four years ago but for two years, "sat on it." Butt said, "It was my idea. I wrote it and the story director I worked with was the one who told me we should pitch the show to CTV."

The show was presented to CTV two years ago and started filming last June in Rolo, Sask., Butt's childhood province.

He grew up in Tisdale, a town with a population of 3,000.

By definition, a city in Saskatchewan is only made up of 5,000 people.

Before becoming a comedian Butt worked sales jobs, was a dry waller and sold advertising.

Corner Gas was not his first acting experience. Butt has acted in the television show The X-Files and movies such as Dudley Do-Right, Screwed and Duets.

Filming in a remote location did not stop cameo appearances. The first episode featured an appearance by Kids in the Hall alumnus Kevin McDonald as a taxman.

Journalist Pamela Wallin, sports reporter Jennifer Hedger and the Glad garbage bag man will all make appearances by the end of the first season.

Butt admires '50s and '60s comedy shows and their stars, Lucille Ball, Jack Benny and Jackie Gleason.

He said, "The shows were really funny but very comfortable. I wanted to make a show that I would like to watch."

While nothing is official yet about a second season, Butt has started writing episodes.

Butt uses situations from his own life in his comedy.

In the first episode of Corner Gas someone pronounces his character's last name incorrectly.

In real life Butt's name might not be well known but people tend to second-guess themselves when pronouncing it.

"Usually people see it (his last name) and they're familiar with the word. Some people can't imagine your last name would be butt, so they French it up or they just don't want to say the word."



Horoscope

Week of Feb. 15 - 21



Happy Birthday!



Aries
March 21 - April 19



Taurus
April 20 - May 20



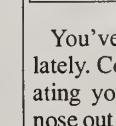
Gemini
May 21 - June 21



Cancer
June 22 - July 22



Leo
July 23 - August 22



Virgo
August 23 - September 22



Scorpio
October 23 - November 21



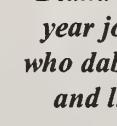
Sagittarius
November 22 - December 21



Capricorn
December 22 - January 19



Aquarius
January 20 - February 18



Pisces
February 19 - March 20

You're hiding something aren't you? As much as you think you're living behind your facade, it's slowly becoming see-through. Just own up now to your mistakes and set the record straight.

Hey old friend! You're going to have an uber good week. So long as you bite your tongue, treat others with respect and wear that genuine smile of yours. Beware of your vicious and sarcastic nature.

Today is a new day, my friend. So open your eyes and arms and welcome the world. Get your head out of the gutter. That attitude of yours is no good for you, or anyone around you, for that matter.

This week you must strive to overcome a judgmental nature that keeps you from getting close to others. Learn to value everyone's good qualities, and you'll have more room in your heart.

You expect to be in control of your surroundings, but this can be a problem for relaxed types who just want to be accepted as is. You would benefit from adopting the philosophy of "live and let live."

This may be a tricky week. You are somewhat insecure deep down and tend to be a rather jealous, possessive lover and may end up alienating loved ones. Have faith and trust. The people in your life aren't there to hurt you!

Hey smarty pants! Didn't your mother say that if you can't think of anything nice to say - keep your mouth shut?! Now is not the time to stir the pot. Others don't deserve the wrath of your horrible mood.



Diana O'Neill is a third-year journalism student who dabbles with astrology and likes to read tarot cards just for kicks.



(Photo by Kate Battler)

Setting up the shot

Some students head to the rink to relieve stress and get some exercise at the same time. Above, a student participates in intramural hockey at the rec centre.

Hall of Fame 2004

By KATE BATTLER

The class of 2004 has been elected to the Pro Football Hall of Fame and these players certainly deserve the honour.

John Elway, Bob Brown, Carl Eller and Barry Sanders will be inducted into the Hall of Fame on Aug. 3 in Canton, Ohio.

John Elway, the first overall pick of the 1983 draft, is one of only two quarterbacks to pass for more than 50,000 yards in a career.

He was known as a master of the fourth-quarter comeback when he played 16 seasons with the Denver Broncos and he topped off his career by earning Most Valuable Player honours at Super Bowl XXXIII.

Bob Brown, an offensive lineman, earned All-NFL honours in seven of the 10 seasons he played with the Eagles, Oakland Raiders and Los Angeles Rams.

He was a first-round pick of the Philadelphia Eagles in 1964. The unrelenting lineman was also chosen to play in six Pro Bowls.

Defensive end Carl Eller was named to compete in six Pro Bowls in 16 seasons, 15 with the Minnesota Vikings. He was an integral part of the "Purple People Eaters," a name given to one of the greatest defences in the history of the game.

Running back Barry Sanders was the first player to rush for at least 1,000 yards in each of his first 10 seasons.

In 10 years with the Detroit Lions he was named to the All-NFL first or second-team every season.

These four astounding players bring the number of Hall of Fame inductees to 225.

They were elected by the Hall of Fame's 39-member selection committee. The players were selected from a list of 15 finalists.

All in the hands of the fans

Hockey lovers choose the first-ever NHL Legendary All-Star Team

By KATE BATTLER

Six of the greatest hockey players of all time have been elected by hockey fans to form the first-ever National Hockey League Legendary All-Star Team.

The team of Patrick Roy, Gordie Howe, Ray Bourque, Bobby Hull, Bobby Orr and Wayne Gretzky was announced during the first intermission of the 54th NHL All-Star Game during a special banner-raising ceremony.

Voting took place on NHL.com, over Nextel phones in the U.S., at all 30 NHL arenas and at 580 Best Buy locations in the U.S.

The ballot included all retired

NHL players that had played in or had been selected to play in seven or more NHL All-Star Games.

Fans were allowed to vote for a centre, a left wing, a right wing, two defencemen and a goalie.

When taking a look at the credits of the players chosen, anyone can clearly see that this is truly an all-star team.

Goalie Patrick Roy played in 11 NHL All-Star Games and won four Stanley Cups. He has also been awarded the Conn Smythe trophy three times as playoff MVP.

Defenceman Ray Bourque com-

peted in 19 All-Star Games during his career and finished as the NHL's leading scorer for a defenceman.

Bobby Orr forever changed the position of defenceman with his amazing skating and stick-handling abilities.

He played in seven All-Star Games before his career was ended early by injuries.

Winger Bobby Hull played in 12 All-Star contests. "The Golden Jet" scored more than 50 goals a season five times in his distinguished career.

Winger Gordie Howe played in

an astounding 23 NHL All-Star Games during a career that spanned five decades.

Mr. Hockey still holds the record for finishing in the top five in scoring a remarkable 20 seasons in a row.

Of course, what Legendary All-Star Team would be complete without "The Great One?"

Centre Wayne Gretzky competed in 18 NHL All-Star Games and is the NHL's all-time leading scorer. Gretzky also won the Hart Trophy as the NHL MVP a record nine times.

The millions of fans that voted certainly picked an outstanding team this year. The only question remaining is, who will they pick next year?



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Keep focus on hockey NHL action

By JAMES DOYLE

There is a time and a place for everything. And the NHL All-Star game is not a place for collective bargaining talk.

If you are not a hockey fan then it will help you to know that in September, the collective bargaining agreement (CBA) between the NHL and the player's union expires and as of right now, both sides are kilometres and kilometres apart. The heart of the issue, obviously, is money. NHL owners cannot afford to pay players at the rate they are paying them, and are looking for a salary cap of some kind. Players, on the other hand, want to be allowed to earn what they deem to be fair market value.

And all this is a huge deal to hockey fans everywhere because it could mean an extended work stoppage and no hockey for a long time. So, why are they ruining what is supposed to be the fans' weekend with all this talk of the CBA and apparent lockout?

The NHL was able to put on an extremely exciting weekend of hockey, which included the league's top young prospects in a four-on-four challenge, the skills competition and the all-star game itself.



Hockey fans do not need to be burdened with CBA talk during the all-star weekend; we are sure to hear enough in the next eight months.

And if the NHL hopes to keep fans during the stoppage, they need events like the all-star game to showcase the true talent. And although this year's edition wasn't as high scoring as some, the open style showed how hockey could be played.

But the NHL is not solely to blame, as CBC and the general hockey media concentrated on the CBA. During both intermissions, Ron McLean, host of Hockey Night In Canada, interviewed Bob Goodenow, NHLPA president, and Gary Bettman, the NHL's commissioner.

For the game of hockey to sur-

vive, all parties involved, from the owners and the league to the players and the hockey media, will have to co-operate to push what is still good in the game.

And that is the players like Joe Sakic, who scored a hat-trick in the all-star game, and Philippe Sauve, the 23-year-old goaltender who made 18 incredible saves in the Young Stars game. Both players earned the MVP honours.

For hockey to survive, all parties involved will have to co-operate to push what is still good about the game.

Or players like Mark Messier, who at 43, scored a goal and added an assist, or Gary Roberts, who came back from a career-threatening neck injury in 1995 to play in his 1,000th game this year. Roberts also had two points.

The list of what is good with the game can go on, but nobody talked about that. Let's start to celebrate the game more before we lose it for who knows how long.

starting to heat up

By BRYAN MARTIN

The National Hockey League season has just passed the halfway point and the home stretch is coming up.

The second half of the NHL season is one of the most exciting events for Canadians to watch.

It's the greatest hockey in the world, Canada has six NHL teams and Canadians always seem to get more fired up for games around this time of year.

Although it is still some time until the playoffs begin, you'll start to see more and more vehicles on the road flying the flags of their favourite teams while they drive around.

The Eastern Conference is shaping up to be the same as in past years with the four big teams doing it again.

The Toronto Maple Leafs, Ottawa Senators, Philadelphia Flyers and the defending champions New Jersey Devils are the teams to look out for.

The Leafs are getting healthier everyday and will soon have a healthy Alexander Mogilny back in the lineup to help carry them into the playoffs.

The Senators got off to a slow start, but in the last two months have played some great hockey and are definitely going to be a threat come playoff time.

The Flyers continue to add veteran players to their lineup and if they can land a first-string goalie they can certainly make a run deep into the playoffs.

The Devils don't play the pretti-

est hockey, but it works for them and has been working for awhile so don't count them out of anything.

The Western Conference is also looking similar to last year with three of the four same teams leading the way.

The Detroit Red Wings, Colorado Avalanche, San Jose Sharks and the Vancouver Canucks are rolling over opponents again and are making it look easy.

It's no surprise the Red Wings are having success again because they have a veteran core of guys who know how to win.

The Sharks have overachieved a lot this year, but with their tremendous coaching staff and work ethic don't expect them to fall off anytime soon.

The Canucks are a great team that gels extremely well. They were in a little slump, but with some good veteran leadership they are back on track and you can expect them to be winning for awhile.

The Avalanche has more talent than any other team and they're showing it. With the additions of two old teammates in Paul Kariya and Teemu Selanne they are winning every game in

sight. If they can pick up a veteran goalie then they will certainly be the huge favourites to win the Stanley Cup; until then they are just the favourites.

Don Cherry's delay is absurd

By KATE BATTLES

Don Cherry certainly has his good moments and his bad ones, but to take a comment he made and blow it this far out of proportion is ridiculous.

In his comment, Cherry said it was mostly "French guys and Europeans" that wear visors. He also said they commit more eye injuries due to careless high-sticking because they forget not everyone wears a visor.

The CBC has now imposed a seven-second delay on Coach's Corner. It makes one wonder how much of Grapes they will now censor.

What happened to freedom of speech and freedom of the press?

Many sports journalists, as well as non-sports journalists, have certainly used it to their advantage to

tear a strip off of Cherry.

Get over it already.

This is what makes Cherry so popular.

This is why he has a \$700,000 a year salary.

This is why people who don't even watch the game tune into Coach's Corner during the first intermission every Saturday night.

This is why he still works for CBC after the numerous controversial comments he has made in the past.

Cherry is a colourful entertainer as well as being a hockey commentator. Just take a look at the array of colourful jackets he wears to go along with those comments.

People need to remember this is just his opinion and if they have that big of a problem with it, by all means pick up the remote and change the channel.

That would be the first thing he would tell you to do because he certainly isn't afraid of speaking his mind.

What some people tend to forget during a situation like this is all the work Cherry has done to promote hockey, especially the minors.

He even went so far as to tell the kids they should still be wearing visors while they play in the minors.

During the NHL All-Star weekend, players and coaches, including Joe Thornton, Daniel Alfredsson, Pat Quinn and Ken Hitchcock, defended Cherry and couldn't understand what all the hubbub was about.

I may not agree with what Cherry says all the time but I can tell you one thing, I can't wait to hear what he has to say about this.



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